

Lundi , 15.08

08:00 - 08:55

Pump
Vicky

09:05 - 09:35

Pump i.t.
Vicky

12:00 - 12:55

Pump
Vicky

18:00 - 18:55

Cycling
Ruedi

19:00 - 19:55

*BBP (Bauch, Beine,
Po) / Bodytone*
Monica

Mardi , 16.08

18:00 - 18:55

Pilates
Petra

19:05 - 20:00

Fighttime
Rebecca

Mercredi , 17.08

08:00 - 08:55

Pump
Vicky

19:05 - 20:00

Pump
Erika

Jeudi , 18.08

18:00 - 18:55

Pilates
Monica

19:00 - 19:55

Functional Workout
Monica

Vendredi , 19.08

09:00 - 09:55

Rückengymnastik
Monica

10:05 - 11:00

Pump
Erika

17:30 - 18:25

Pump
Vicky

Samedi , 20.08

Dimanche , 21.08